



Globetrot Serot

Packing List

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Each trip I have taken, my packing list has changed. What you bring on your pack when you walk out the door, depends on where you are going, how long you will be away, and what you will be doing there.

The first thing is knowing **what you need to bring vs. what you can buy** when you get there. I often get a bar of soap, some deodorant, a toothbrush and toothpaste at a store when I arrive in the country and city I am starting in. Going to find a store is a great way to figure out the city you just arrived in, and in most places the stores are well stocked with these items, and most likely for a whole lot cheaper.

Second, is bringing only what you need. **Less is more**, so utilize the resources available to you as a backpacker. Since you are most of the time in a hostel, you can find out where you can do laundry by asking the local staff. I like to pack as less as possible and just do laundry periodically on the trip. Most countries' laundry service is inexpensive and quick. It's also fun to go out and find a service in the city.

Depending on treks you have planned you will want to pack for that. Some things like hiking shorts or pants, rain jackets, puffy jackets, warm socks, hiking shoes, sock hats (beanie). When I am packing, I try to stick to the golden rule of backpacking, "lighter is better". Truer words have never been spoken

But here is my suggested basic packing list for any backpacking trip below:

CLOTHES

- 1 Long Sleeve Shirt – For cold night out on the town
- 1 Pair of Jeans
- 1 Pair of Shorts
- 1 Pair of Boardshorts or Bathing Suit
- 4 T-Shirts
- 1 Pair of Flip Flop Sandals
- 1 Pair of Comfortable Shoes (Trainers, or Hiking Shoes)
- 4 Pairs of Socks
- 1 Pair of Warmer Socks
- 5 Pairs of Underwear
- 1 Rain Jacket
- Hat
- Towel

Toiletries

- 1 Toothbrush
- 1 Travel Size Toothpaste (I love the travel size brush and paste combo kit)
- 1 Razor
- 1 Travel Size Shaving Cream
- 1 Deodorant
- 1 Bar of Soap
- 1 Travel Size Shampoo

- As mentioned you can buy almost all of these items as needed in most stores around the world.

First Aid Kit

- Band Aids
- Ear Plugs
- Doctor Prescribed Antibiotics
- Alcohol Cleaning Pads

Miscellaneous

- Key or Combination Locks ([Read About How To Protect Your Stuff](#))
- Zip Lock Bags
- Dirty Laundry Bag
- Photocopies Of Your Passport
- Photocopies Of Your Vaccinations
- Phone Charger